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Version intégrale Version en texte seul Afficher la source

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Bone remodeling (research thread)

Thread Modes

10-26-2016, 08:52 AM (This post was last modified: 10-26-2016, 08:53 AM by Ephebophiling.) #61

Ephebophiling
Senior Member

Posts: 647
Threads: 313
Joined: Jul 2015
Reputation: **307**

Find

Cold exposure increases circulating irisin.[42] Irisin improves insulin sensitivity, increases bone quality and quantity.
irisin released from skeletal muscle during exercise acts directly on bone by increasing cortical bone mineral density

Reply

10-28-2016, 11:04 AM (This post was last modified: 10-28-2016, 11:05 AM by HangTheCucks.) #62

HangTheCucks
Colez Biker Gang

Posts: 1,131
Threads: 54
Joined: Jul 2015
Reputation: **761**

Made a thread on insulin.

http://lookism.net/Thread-Insulin-and-bone-growth

Growth hormone levels do not matter for bone growth, only IGF levels do. There is also a study about a diabetic woman on insulin that got acromegaly due to high IGF levels and her gh levels were in the crapper.

Deca durabolin increases bone size, low estrogen lowers BMD (which allows for bone growth), testosterone increases insulin sensitivity and insulin raises IGF levels. A dangerous combo but the best bet you got imo.

You could also look into mechanical loading which is legit.

> **HangTheCucks Wrote:** (10-14-2016, 10:54 PM)
>
> They also suffer from decreased exploratory ability (incurious and easily lost), and overall reduced attractiveness to the opposite sex. **They may even smell different from their peers—in rodents, a sign of unhealthiness.** **Females are**

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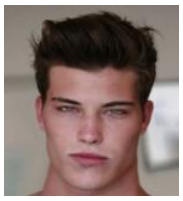

asiancel
from asia

Posts: 14,020
Threads: 212
Joined: Mar 2016
Reputation: **5,156**

11-01-2016, 02:03 AM **#63**

very good thread, my bone remodeled upwards a bit just from reading. please stickie

Find | Reply

Adrian_B
Senior Member

Posts: 826
Threads: 212
Joined: Sep 2016
Reputation: **540**

11-01-2016, 10:19 AM **#64**

> **Machiavellian Wrote:** (07-07-2015, 06:22 PM)
>
> I have been looking into this subject, I am hoping some people here might want to reserch into this with me.
>
> **I am leaning on the idea of cycling high amounts of DHT to antagonize estrogen instead of using an AI since DHT will raise free T for T related effects while DHT in its own will have its own bone anabolic benefits and running GH. I have other ideas but this appears to be the most stable route for now.**

I've found on Wikipedia that DHT inhibits Growth Hormone.
https://en.wikipedia.org/wiki/Growth_hormone#Regulation
I'm hearing conflicting information here. Does that mean if one were to increase DHT through non-natty means in combination with HGH would it be a waste of money?

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lltvyr
hairpiece expert

Posts: 2,399
Threads: 413
Joined: Jul 2015
Reputation: **574**

11-01-2016, 05:39 PM **#65**

> **Adrian_B Wrote:** (11-01-2016, 10:19 AM)
>
> > **Machiavellian Wrote:** (07-07-2015, 06:22 PM)
> >
> > I have been looking into this subject, I am hoping some people here might want to reserch into this with me.
> >
> > **I am leaning on the idea of cycling high amounts of DHT to antagonize estrogen instead of using an AI since DHT will raise free T for T related effects while DHT in its own will have its own bone anabolic benefits and running GH. I have other ideas but this appears to be the most stable route for now.**
>
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> https://en.wikipedia.org/wiki/Growth_hormone#Regulation
> I'm hearing conflicting information here. Does that mean if one were to increase DHT through non-natty means in combination with HGH would it be a waste of money?

that's why all the baldies with hairy bodies also lack height and frame. and that's probably why hairloss is also linked to gh deficiency.

https://en.wikipedia.org/wiki/Growth_hormone_deficiency

"[font=sans-serif]Recognised effects include:[*****]

- Increased [color=#0b0080]5-alpha-reductase
- Reduced sex hormone-binding globulin (SHBG)
- Reduced muscle mass and strength
- Baldness in men
- Reduced bone mass and osteoporosis
- Reduced energy
- Impaired concentration and memory loss
- Increased body fat, particularly around the waistline
- Lipid abnormalities, particularly raised LDL cholesterol
- Increased levels of fibrinogen and plasminogen activator inhibitor
- Cardiac dysfunction, including a thickened intima media"

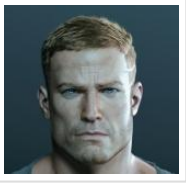
> **Starcrazy Wrote:** (03-08-2016, 07:05 PM)
>
> you're as old as your hairline

> **Bukowski Wrote:** (04-11-2016, 06:48 PM)
>
> You're as pedo as your hairline

"It is not the hair that you have on your head that counts.. It is the hair that you have on your heart.."

> **ethnicslayer Wrote:** (02-04-2017, 04:19 PM)
>
> surgery is the only vitamin

Find Reply



Adrian_B
Senior Member

Posts: 826
Threads: 212
Joined: Sep 2016
Reputation: **540**

11-01-2016, 06:38 PM **#66**

> **lltvyr Wrote:** (11-01-2016, 05:39 PM)
>
> > **Adrian_B Wrote:** (11-01-2016, 10:19 AM)
> >
> > I've found on Wikipedia that DHT inhibits Growth Hormone.
> > https://en.wikipedia.org/wiki/Growth_hormone#Regulation
> > I'm hearing conflicting information here. Does that mean if one were to increase DHT through non-natty means in combination with HGH would it be a waste of money?
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> that's why all the baldies with hairy bodies also lack height and frame. and that's probably why hairloss is also linked to gh deficiency.
>
> https://en.wikipedia.org/wiki/Growth_hormone_deficiency
>
> "[font=sans-serif]Recognised effects include:[*****]
>
> - Increased [color=#0b0080]5-alpha-reductase
> - Reduced sex hormone-binding globulin (SHBG)
> - Reduced muscle mass and strength
> - Baldness in men
> - Reduced bone mass and osteoporosis
> - Reduced energy
> - Impaired concentration and memory loss
> - Increased body fat, particularly around the waistline
> - Lipid abnormalities, particularly raised LDL cholesterol
> - Increased levels of fibrinogen and plasminogen activator inhibitor
> - Cardiac dysfunction, including a thickened intima media"

Indeed, but if this was true, like I said before, would it be a ways of money to increase DHT through non-natty means, since it inhibits DHT? I'm taking both MK-677 and Proviron which increases DHT, so if what on Wikipedia is correct Proviron should inhibit MK-677.

Find Reply

HangTheCucks
Colez Biker Gang

Posts: 1,131
Threads: 54
Joined: Jul 2015
Reputation: **761**

11-01-2016, 08:06 PM (This post was last modified: 11-01-2016, 08:10 PM by HangTheCucks.) **#67**

> **Adrian_B Wrote:** (11-01-2016, 10:19 AM)
>
> > **Machiavellian Wrote:** (07-07-2015, 06:22 PM)
> >
> > I have been looking into this subject, I am hoping some people here might want to reserch into this with me.
> >
> > **I am leaning on the idea of cycling high amounts of DHT to antagonize estrogen instead of using an AI since DHT will raise free T for T related effects while DHT in its own will have its own bone anabolic benefits and running GH. I have other ideas but this appears to be the most stable route for now.**
>
> I've found on Wikipedia that DHT inhibits Growth Hormone.
> https://en.wikipedia.org/wiki/Growth_hormone#Regulation
> I'm hearing conflicting information here. Does that mean if one were to increase DHT through non-natty means in combination with HGH would it be a waste of money?

The thread is about facial bones. DHT is the primary hormone behind facial dimorphism, both bone and soft tissue wise. From older anthropological studies, facial and body hair are correlated with big browridges and "other bony contours of a hypermasculine nature", to quote Coon. If you are some babyfat cuck, insulin and some DHT derivative would be the hormones you'd use to grow a browridge.

And what Machiavellian means is that you need some estrogen for bone remodeling and you are more likely to tank it with an AI rather with DHT usage. Which has some truth to it.

> **HangTheCucks Wrote:** (10-14-2016, 10:54 PM)
>
> They also suffer from decreased exploratory ability (incurious and easily lost), and overall reduced attractiveness to the opposite sex. **They may even smell different from their peers—in rodents, a sign of unhealthiness.** **Females are**

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Two face
Super Poster

Posts: 1,039
Threads: 23
Joined: Jul 2016
Reputation: **432**

11-02-2016, 06:46 PM **#68**

So who has tried these theories with results? Interesting stuff.

Never do these 3 deadly sins as a incel

http://lookism.net/Thread-The-3-deadly-s...d-never-do

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Adrian_B
Senior Member

Posts: 826
Threads: 212
Joined: Sep 2016
Reputation: **540**

11-06-2016, 03:31 PM **#69**

So what's the TL:DR: starting stack of this thread? I've skimmed through everything and it's a lot to take in. I am already using Proviron, Melatonin (been using Melatonin since I was like 10) and MK-677. I've been using K2 for a while, but should I stop?

Like seriously, I need the basic starting stack and routine for this. I can afford most except GH. Not a fan of injectables but I can get over it.

Find

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Two face
Super Poster

Posts: 1,039
Threads: 23
Joined: Jul 2016
Reputation: **432**

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11-09-2016, 02:48 AM **#70**

Bump, bump

Never do these 3 deadly sins as a incel

http://lookism.net/Thread-The-3-deadly-s...d-never-do

Reply

TrickleDown
Ultra Super Poster

Posts: 4,349
Threads: 437
Joined: Nov 2016
Reputation: **2,567**
Dates: 1
Kisses: Zero
Slay Count: Virgin
Relationships: Zero

Find

11-09-2016, 03:05 AM **#71**

Test (Androgens) - Deca (IGF 1 Boost) - HGH (Cuz it's GH)
Those are the only 3 that will help remodel your face

Tren Will help muscular development and drying out the face, but is temporary
And after that boyos, it's surgery. There is no more hope beyond this.

Reply

Two face
Super Poster

Posts: 1,039
Threads: 23
Joined: Jul 2016
Reputation: **432**

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11-09-2016, 04:37 AM (This post was last modified: 11-09-2016, 04:38 AM by Two face.) **#72**

But how much can it change your face and how long?

Never do these 3 deadly sins as a incel

http://lookism.net/Thread-The-3-deadly-s...d-never-do

Reply

TrickleDown
Ultra Super Poster

Posts: 4,349
Threads: 437
Joined: Nov 2016
Reputation: **2,567**
Dates: 1
Kisses: Zero

11-09-2016, 05:23 AM **#73**

> **Two face Wrote:** (11-09-2016, 04:37 AM)
> But how much can it change your face and how long?

Surgical and hormonal changes will last forever.
The drying out and musculrizing effects from tren will last until you stop taking tren, perhaps a tad bit longer if you train and try really hard to keep gains.

The hormones can't change your face by much. It will definitely give you more distinct features such as a bigger more muscular jaw and maybe even help your cheekbones pop out. It won't fix assymertries at all or any critical problems with your face ofc. Surgery can fix a little more problems and assymetry (within reason and provided you have money).

Slay Count: Virgin
Relationships: Zero

I don't know everything you have to really research this and talk to a surgeon about it for specifics.

Find Reply

Two face
Super Poster

Posts: 1,039
Threads: 23
Joined: Jul 2016
Reputation: **432**

11-09-2016, 05:31 AM **#74**

> **TrickleDown Wrote:** (11-09-2016, 05:23 AM)
>
> > **Two face Wrote:** (11-09-2016, 04:37 AM)
> >
> > But how much can it change your face and how long?
>
> Surgical and hormonal changes will last forever.
> The drying out and musculrizing effects from tren will last until you stop taking tren, perhaps a tad bit longer if you train and try really hard to keep gains.
>
> The hormones can't change your face by much. It will definitely give you more distinct features such as a bigger more muscular jaw and maybe even help your cheekbones pop out. It won't fix assymertries at all or any critical problems with your face ofc. Surgery can fix a little more problems and assymetry (within reason and provided you have money).
>
> I don't know everything you have to really research this and talk to a surgeon about it for specifics.

Thx u. +rep.

Never do these 3 deadly sins as a incel

http://lookism.net/Thread-The-3-deadly-s...d-never-do

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Two face
Super Poster

Posts: 1,039
Threads: 23
Joined: Jul 2016
Reputation: **432**

11-13-2016, 02:43 AM **#75**

Bump....

Never do these 3 deadly sins as a incel

http://lookism.net/Thread-The-3-deadly-s...d-never-do

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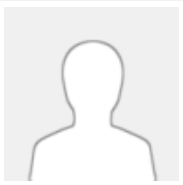

couchtomato
Mega Super Poster

12-29-2017, 11:11 PM **#76**

good thread. bump

Posts: 2,598
Threads: 202
Joined: Sep 2017
Reputation: **6,406**

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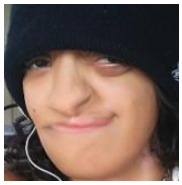

Keengo
Member

Posts: 116
Threads: 37
Joined: Apr 2018
Reputation: **110**
Tinder Matches: 70
Dates: 4
Kisses: 3
Slay Count: 2
Relationships: 3

05-24-2018, 06:11 PM (This post was last modified: 05-24-2018, 06:13 PM by Keengo.) **#77**

I'd go with steady trial-and-error. With bone smashers, impact an area and let it swell -- then repeat the process every now and then but not as harshly. Bones heal from fractures in 3-5 weeks or so -- bone smashing would be microfractures -- therefore, it'll take weeks for them to heal enough. You can continue damaging the area after, because it will just heal eventually anyways (like doing a light weight training session after a heavy workout 2 days prior). The entire remodeling process takes about a year so you can see some changes then that may be more significant (and the bone healing process happens within this "cycle" as often as necessary). In the healing times for bone smash you can take D3, Calcium, Boron, etc. -- all involved in bone health. I don't know about K2, but MK-677 can definitely help and a host of other things I'm not aware of.

For non bone smashers, try palate expansion/force tongue pushing AKA mewing on the roof of the mouth while doing this and taking your stack of course. You can also try a real palatal/jaw expander or BioBloc/something too. Either way this stuff is seemingly impossible to be specific about since there's no way you can be certain of what will be made of the remodeling process with using these drugs/supplements/etc. in general.

Since bone smash is more specific/targeted you can at least get a good sense of where changes would be prioritized.

Same with mewing/palatal expansion/face pulling/whatever other shit you are trying. I wouldn't give any care to BMP2 or other stuff like that. Focus on bone health/ideal turnover/process on bone improvement/changes expected.

Find

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StarLust
Newbie

Posts: 21
Threads: 2
Joined: Jun 2018
Reputation: **210**

06-17-2018, 08:47 PM (This post was last modified: 06-17-2018, 08:48 PM by StarLust.) **#78**

Bump has anyone from this thread after 3 years been successful with their journe?

Also wondering if anything mentioned here could lead to an increase in the skeletal frame?
Has there been any new research that has occurred

Also wondering if anything mentioned here could lead to an increase in the skeletal frame?
Has there been any new research that has occurred

Find

Reply

jimboape
Senior Member

Posts: 447
Threads: 23
Joined: Apr 2018
Reputation: **1,342**

06-17-2018, 10:07 PM **#79**

> **StarLust Wrote:** (06-17-2018, 08:47 PM)
>
> Bump has anyone from this thread after 3 years been successful with their journe?
>
> Also wondering if anything mentioned here could lead to an increase in the skeletal frame?
> Has there been any new research that has occurred
>
> Also wondering if anything mentioned here could lead to an increase in the skeletal frame?
> Has there been any new research that has occurred

K2 MK-4 + Bonesmash theory is growing me a browridge.

Find

Reply

09-03-2018, 01:02 PM #80

MASTERPLAN:
My dream is to study the shit out of the science behind this, compe up with a method to dramatically re-model our bone stracture and save all inceldom. We will all turn from incels to Greek God giga-chads within weeks. This method will also work backwards, meaning, you can turn a Chad into a recessed subhuman, just for revenge.

AaestheticStoic
Member

Posts: 232
Threads: 17
Joined: Aug 2018
Reputation: **89**

Find Reply

09-04-2018, 12:00 AM #81

> **AaestheticStoic Wrote:** (09-03-2018, 01:02 PM)
>
> **MASTERPLAN:**
> My dream is to study the shit out of the science behind this, compe up with a method to dramatically re-model our bone stracture and save all inceldom. We will all turn from incels to Greek God giga-chads within weeks. This method will also work backwards, meaning, you can turn a Chad into a recessed subhuman, just for revenge.

Vitamin K2 MK-4 from birth

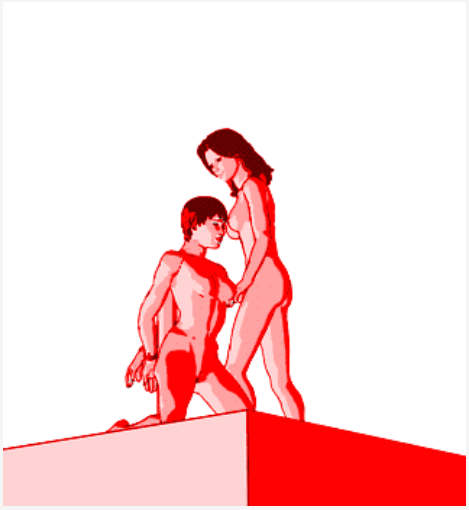
jimboape
Senior Member

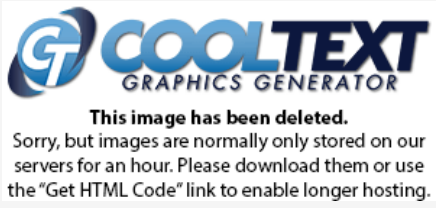
Posts: 447
Threads: 23
Joined: Apr 2018
Reputation: **1,342**

Find Reply

09-04-2018, 02:19 AM #82

this thread is cool story bro youll still remain incel/10 thread





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faceface666
scat porn legit bhai
UNDER 18

Posts: 2,628
Threads: 88
Joined: Jan 2018
Reputation: **4,032**
Dates: 2
Kisses: 1
Slay Count: Virgin
Relationships: 2

Find Reply

AaestheticStoic
Member

Posts: 232
Threads: 17
Joined: Aug 2018
Reputation: **89**

09-04-2018, 05:59 AM **#83**

> **jimboape Wrote:** (09-04-2018, 12:00 AM)
>
> > **AaestheticStoic Wrote:** (09-03-2018, 01:02 PM)
> >
> > **MASTERPLAN:**
> > My dream is to study the shit out of the science behind this, compe up with a method to dramatically re-model our bone stracture and save all inceldom. We will all turn from incels to Greek God giga-chads within weeks.
> > This method will also work backwards, meaning, you can turn a Chad into a recessed subhuman, just for revenge.
>
> Vitamin K2 MK-4 from birth

I'm 26. Is it still worth taking it?

Find Reply

jimboape
Senior Member

Posts: 447
Threads: 23
Joined: Apr 2018
Reputation: **1,342**

09-05-2018, 05:23 PM **#84**

> **AaestheticStoic Wrote:** (09-04-2018, 05:59 AM)
>
> > **jimboape Wrote:** (09-04-2018, 12:00 AM)
> >
> > Vitamin K2 MK-4 from birth
>
> I'm 26. Is it still worth taking it?

45 yo people found their faces get wider on it.

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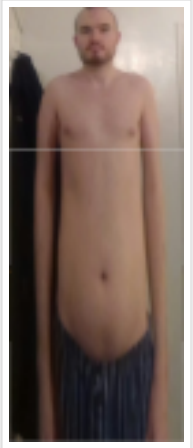

Cunt.
Senior Member

TRUECEL

Posts: 483
Threads: 22
Joined: May 2018
Reputation: **825**

03-20-2019, 09:21 AM **#85**

whats the best thing to take for palatal expansion in adults?

teengallery.com

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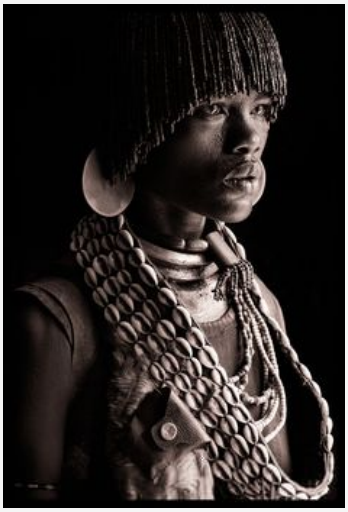
SayNoToRotting
Mewing Elite

Posts: 5,234
Threads: 423
Joined: Jan 2019
Reputation: **14,569**

03-26-2019, 06:55 PM **#86**

Idk man, many people reported good changes from mk4



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uxue
Senior Member

Posts: 267
Threads: 7
Joined: Jul 2019
Reputation: **100**

07-25-2019, 01:57 AM **#87**

I found this on google when I searched for face-loom-like nose sculpting, teeth shaping, facial bone modifiability, and cheek lifting.

> **Quote:**
>
> A new study published by the American Academy of Facial Plastic and Reconstructive Surgery is just the latest push for such advances for the face: While face-loom-like nose and cheek lifts have garnered acclaim in the recent past due to their cosmetic benefits, one can't help but wonder, is it possible to use these cosmetic treatments in a non-clinical setting for an increased degree of beauty and appearance?
>
> One of those benefits was presented recently by a study from the Center for Integrative Neurosurgery at the Perelman School of Medicine at the University of Pennsylvania presented at the 2013 International Symposium at the American Association of Plastic Surgeons annual meeting held in Los Angeles and published in the Proceedings of the New England Journal of Medicine in a paper titled Biomechanical and Physiological Mechanisms of Face Loom in humans, which found that the use of facial bone remodeling techniques was able to significantly improve the ability of the face to improve its function in order to better provide for the health of the individual. In other words, rather than focusing only on the face being modified, these techniques can be applied to augment the body's ability to work and function better in order to provide for the overall health of the individual and the community."
>
> When working with the young population, the research group found the "greater importance of active lifestyles and healthy diet practices" for mental health improvement. They also noted that there was little data on the long-term effects of these lifestyle changes on young offenders.
>
> "What it does say is that if we can develop evidence-based practices at a younger age, then we could be seeing a reduction in the incidence and prevalence of these problematic youth that could ultimately make a major difference to their recovery," says Dr. LeBlanc. "We hope that this approach we're developing to treat these individuals can lead to a long-term solution that will reduce youth access and use to drugs."

Find Reply

07-27-2019, 06:53 PM **#88**

@Machiavellian

Can taking MK-677(Ibutamoren) speed up my bone remodeling? I want to accelerate my mewing progress? Also does this risk me going bald, because I'm about to get a finasteride prescription to address my norwooding.

bidoumaster
Newbie

Posts: 5
Threads: 1
Joined: May 2019
Reputation: **0**

Find

Reply

Jasons
Senior Member

Posts: 295
Threads: 26
Joined: Oct 2018
Reputation: **61**

07-28-2019, 04:02 PM (This post was last modified: 07-28-2019, 04:03 PM by Jasons.) **#89**

> **jimboape Wrote:** (09-05-2018, 05:23 PM)
>
> > **AaestheticStoic Wrote:** (09-04-2018, 05:59 AM)
> >
> > I'm 26. Is it still worth taking it?
>
> 45 yo people found their faces get wider on it.

LOL no they didn't. I'm guessing you're probably going off some BS'r on the Ray Peat forums. Nobody's ever measured their face getting objectively wider from taking K2.

> **bidoumaster Wrote:** (07-27-2019, 06:53 PM)
>
> **@Machiavellian**
>
> Can taking MK-677(Ibutamoren) speed up my bone remodeling? I want to accelerate my mewing progress? Also does this risk me going bald, because I'm about to get a finasteride prescription to address my norwooding.

So you're cool with the side effects of impotence from Finasteride?

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